

A3 Problem Solving |

Reducing Youth 30-day Alcohol Use – Results Washington

Clarify the Problem

Underage drinking has both negative consequences for the individual and high socioeconomic costs to society. Preventing or delaying the onset of underage alcohol and marijuana use is associated with positive outcomes, such as improved school performance, reduced youth delinquency and positive mental health.

Breakdown the Problem

Consequences to individuals.

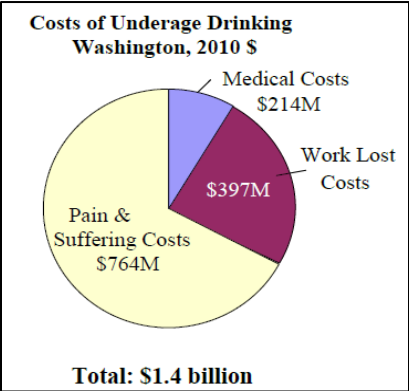
The teen years are an important time for brain development. Alcohol abuse during this time can damage learning, memory, judgment and impulse control and the damage may be permanent.¹ Underage alcohol use is also associated with long-term consequences such as chronic disease, crime, low graduation rates, suicide and fatalities or serious injury from traffic crashes.

Research indicates:

- Persons first using alcohol before age 15 were 5 times as likely to report past year alcohol dependence or abuse than persons who first used alcohol at age 21 or older.²
- Alcohol users are 6 times more likely to become drug dependent.
- Youth who drink before age 18 are 13 times more likely to abuse prescription drugs, use cocaine and smoke cigarettes.

Furthermore, with liquor privatization the community environment is changing in our state and research has shown that increased access to alcohol is correlated with increased underage drinking.

Costs to society.

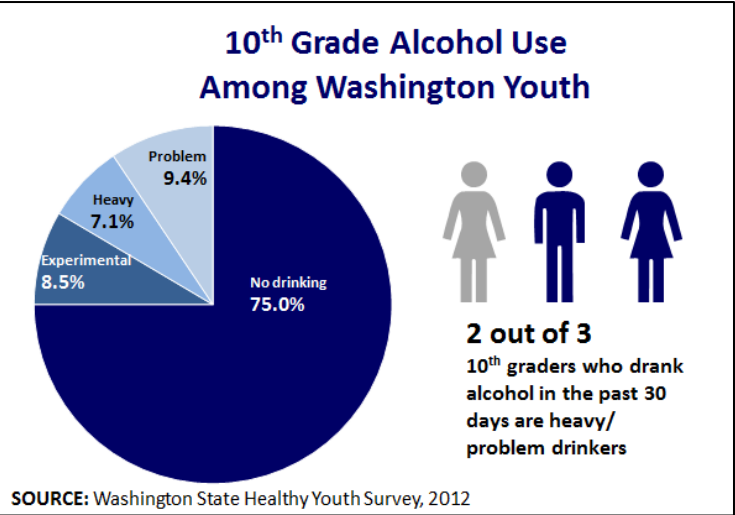
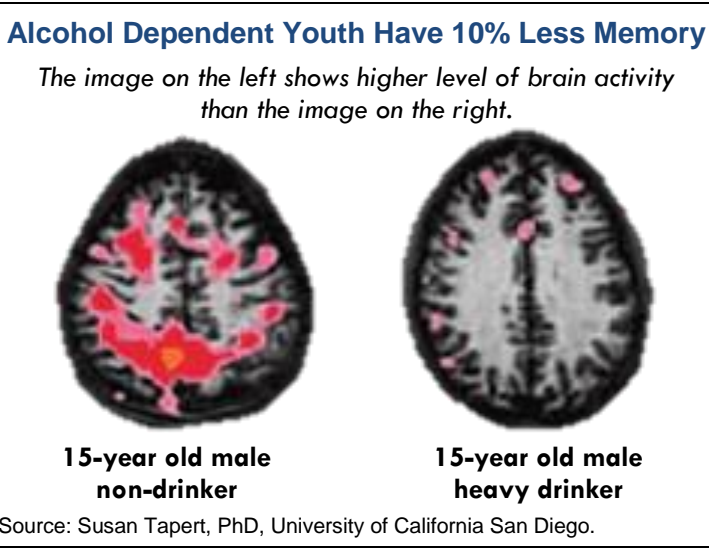


www.udetc.org/factsheets/WA.pdf

Target Setting

Decrease the percentage of 10th graders who report drinking alcohol in the last 30 days from the 2010 baseline of 27.7% (±1.9%) to 24.8% by 2017, as measured by the Washington State Healthy Youth Survey (HYS).

¹ Institute of Medicine, Reducing Underage Drinking: a Collective Responsibility. www.iom.edu
² Office of Applied Studies. [The NSDUH Report: Alcohol Dependence or Abuse and Age at First Use](#). Rockville, MD: Substance Abuse and Mental Health Services Administration, October 2004.
³ State-level estimates of the economic costs of alcohol and drug abuse. Wickizer TM. www.ncbi.nlm.nih.gov/pubmed/23614269 Adjusted to 2012 dollars.
⁴ Estimated amount is not yet available; Washington State Institute for Public Policy (WSIPP) is currently working on an estimate due out in July 2014.
⁵ Healthy Youth Survey, 2012.



In Washington, alcohol use has consistently created the highest socioeconomic impact as compared to other substances. Alcohol and drug abuse costs Washington an estimated \$6.12 billion a year.³ Alcohol abuse accounted for 56 percent of that total.

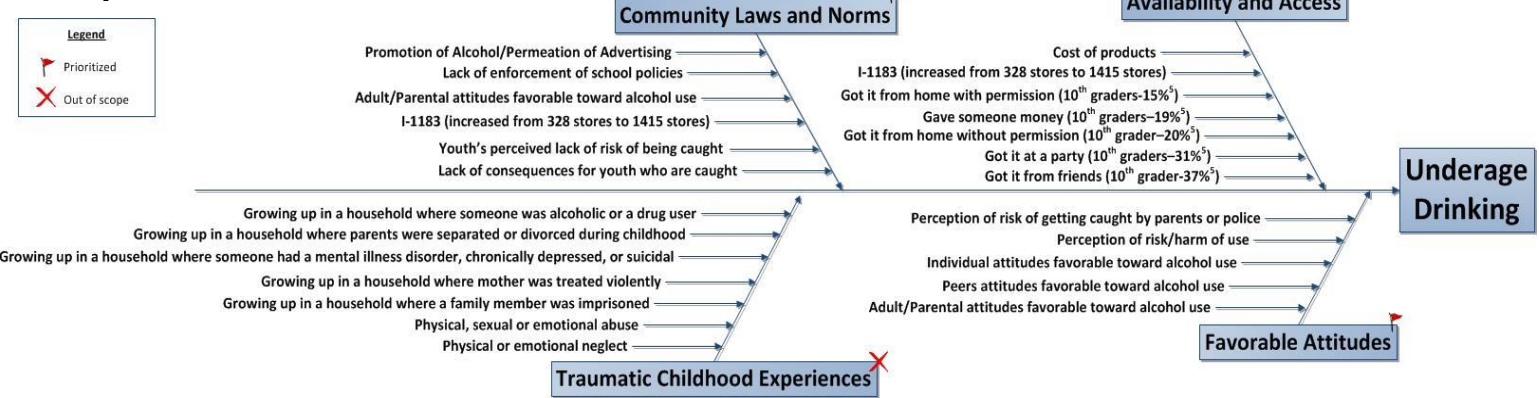
For every kid who we prevent from using alcohol in high school or earlier, we can expect a savings over their lifespan.⁴

Jane Beyer, Assistant Secretary

Behavioral Health and Service Integration Administration/ May 2014

Lean!

Identify Root Cause



Identify Countermeasures

Root Cause	Proposed Countermeasure	Feasibility	Cost	Risk	Impact
Community laws and norms favorable towards use	• Tribal prevention programs and Community Prevention and Wellness Initiative (CPWI) efforts including evidence-based programs and practices (EBPs) and Prevention/Interventionists (P/I)	High	Medium (scalable)	Low	Medium
	• Public education and awareness: Statewide comprehensive messaging coupled with other efforts for dissemination	High	Medium	Low	High
	• Outreach to community-based organizations	High	Low	Low	Medium
	• Reporting advertising violations	High	Low	Low	Low
	• Community level statewide structure and support	Low	Low	Low	Medium
	• Visible enforcement coupled with media support (i.e., party intervention patrol, and explore researched based models.)	Low	High	Low	High
Availability and access	• Retail practices, organization policies and product placement (i.e., Coding, product labeling, and can design restrictions for energy drinks containing alcohol)	Medium	Low	Low	Medium
	• Increasing price	Low	High	Medium	high
	• Working with retailers to following best practices	Medium	Low	Low	Medium
Favorable attitudes	• Tribal prevention and CPWI efforts to include EBPs and P/I	High	Medium (scalable)	Low	Medium
	• Public education and awareness: Statewide comprehensive messaging coupled with other efforts for dissemination	High	Medium	Low	High
	• Screening, Brief Intervention and Referral to Treatment (SBIRT) expansion to schools (i.e., explore possibilities with existing Student Assistance Program)	Medium	Medium	Medium	High

Action Plan

ID#	Problems to be solved	Action Item	Lead	Due Date	Status
1	Community laws and norms; and Favorable attitudes	Implement Tribal prevention programs; and CPWI including P/I program.	DBHR (Sarah Mariani)	Ongoing	In progress
2	Community laws and norms; and Favorable attitudes	Public education and awareness for middle and high school aged youth and parents of youth. <ul style="list-style-type: none">▪ Develop key messages with partners for statewide distribution▪ Expand underage drinking prevention toolkit▪ Support community-based organizations, regional, and statewide partners in distributing messaging	RUaD Communications Impact Team (Deb Schnellman)	9/30/14 10/1/14-5/1/15	In progress
3	Favorable attitudes	Determine feasibility of piloting and implementing SBIRT-like services in school-based settings.	SBIRT Sub-Committee (James Oliver)	12/30/14	Started

Evaluate Results Standardize then Repeat